Healing Tinnitus

A Radical Approach



A Manual for Healers and Therapists

Jennifer Warters BSc MA IPH

Light Voice

Clinical Consultancy

Partnered with the Living Memory Research Trust

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by Jennifer Warters

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Author Profile

This manual for healers and therapists, documents an evidential, successful, self-help approach for healing tinnitus. During my thirty years' experience as a speech and language therapist in a variety of hospital and community settings, I gradually shifted from an orthodox symptom focused approach, to working in a more creative, intuitive way with my clients. This radical change improved my relationship with my clients and began to restore their communication. However, in order to fully understand their healing process, I decided to train in metaphysics and the principles of healing with the Academy of Spiritual Sciences. The Academy, with its core teaching of energy field alignment. was the teaching arm of a guided healing and teaching organisation founded by Carol Lamb.

In 2,000, through a profound experience of non-local communication from a higher stream of consciousness, I was introduced to a new breathing technique which I was told would stimulate the circulatory system and oxygenate the blood. The guidance also demonstrated a system of Rainbow Chakra Tones which would facilitate communication for those who found verbal communication difficult. I had had no experience of toning prior to this profound experience but was asked to teach this system of tones to therapists in the organisation and to the general public. Over a period of years, I presented workshops both locally and internationally and have since trained both toning teachers and toning therapists. My Light Voice consultancy partnered with the Living Memory Research Trust offers online toning and energy alignment healing programmes for clients.

My first tinnitus client self -referred in 2007 and through a programme of energy alignment and toning he was able to eradicate his tinnitus completely. Further successful tinnitus client outcomes prompted me to establish a clinic exclusively for tinnitus clients in 2009, in partnership with the Living Memory Research Trust. The following year, l extended my clinic internationally via an online platform. Evidential case studies have been documented through published research papers.

In today's current climate of control, propaganda and confusion we have escalating problems in mental health. Stress, anxiety and experimental vaccines are the cause of a compromised immune system and tinnitus is widespread. It is my hope that this holistic alternative way of working will bring hope and relief to many.

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INTRODUCTION

What is Tinnitus

The Latin word for tinnitus comes from the word 'tintinare' which means to make a ringing or jangling sound. Tinnitus is the sensation of hearing a noise in your ear or head when there is no external cause. Orthodox medicine leaves clients who suffer from this debilitating condition with the belief that nothing can be done and it can't be cured. Medical research using technology to mask the noise has shown limited and variable response. Current medical opinion states that there is no known cure and sufferers are advised to learn to live with what is often a crippling disorder.

The underlying causes of tinnitus are stress and trauma. The self- help Tinnitus Healing Programme has been developed from a successful clinical research programme and a continuing online consultancy for those who prefer one on one contact.

Tinnitus healing programmes offer relief from debilitating symptoms which frequently disappear completely. Current statistics show that 50 million Americans and 6 million people in the UK suffer from tinnitus and it is increasingly affecting millions across the globe. The condition can arise from a wide range of underlying causes triggered by noise pollution, technology, diagnostic scanners, mental stress or emotional conflict. Onset may be gradual or sudden with intermittent or constant disturbance.



If clients are told by medical Doctors and Ear Nose and Throat Consultants that nothing can be done about their tinnitus, they believe what they are told by those in authority. However, it is time to free their mind from the prison of their perception and re-evaluate inhibiting assumptions and beliefs. Through regular practice of energetic alignment and the discipline of using the voice in a specific way, clients are able to harmonise the dissonance in their head. By attuning to their higher intuitive faculties, clients begin to be aware of the lifestyle changes required to restore a peaceful life without the debilitating tinnitus disturbance.